

A panoramic view of a mountain valley in Nepal. The foreground shows terraced fields on a hillside, with a dense forest of evergreen trees. The middle ground features a deep valley with a river and a small village. The background consists of misty, layered mountain ranges under a cloudy sky. The word "Nepal" is overlaid in large white text in the center.

Nepal

LANGTANG TREK + BABAI RIVER CAMP

12 DAYS

HIMALAYAN CLIMBS

We run ethical, professionally led climbs. Our operations focuses foremost on responsible tourism:

Safety: All guides carry satellite phones in case of an emergency or helicopter rescue. Carried on all treks are comprehensive emergency kits. High altitude trips require bringing a Portable Altitude Chamber (PAC) and supplemental oxygen.

Responsibility: All rubbish is disposed of properly, adhering to 'trash in trash out' practices. Any non-biodegradable items are taken back to the head office to make sure they're disposed of properly. To help the local economy all vegetables, rice, kerosene, chicken, and sheep is bought from local villages en route to where guests are trekking.

Teams: Like most of our teams, the porters have been working with us for almost 10 years. Porters are provided with adequate warm gear and tents, are paid timely, and are never overloaded. In addition, porters are insured and never left on the mountain. In fact, most insurance benefits are extended to their families as well. Teams are paid above industry average and training programs and English courses are conducted in the low seasons; their knowledge goes beyond just trekking but also into history, flora, fauna, and politics.

Client Experience: Our treks proudly introduce fantastic food. Cooks undergo refresher courses every season to ensure that menus are new and exciting. All food is very hygienically cared for. By providing private toilets, shower tents, mess tents, tables, chairs, Thermarest mattresses, sleeping bags, liners and carefully choosing campsites for location in terms of safety, distance, space, availability of water and the views – our guests are sure to have a comfortable and enjoyable experience!



SAFETY DEVICES

Portable Altitude Chamber
[on crater ascents]

First Aid Kits

Oxygen + regulator + mask

Pulse Oximeters



Neck
brace

Stethoscope

Portable
stretcher

Water Filter

Mobile Phone

Satelite Phone
(on Shira + Crater)

Guest + Crew AMS
Monitoring sheets

LANGTANG TREK & BABAI RIVER CAMP

Overview

Langtang valley lies north of Kathmandu, straddling the Tibetan border. It is as spectacular as some of the more visited regions of Nepal, with several 7000m peaks surrounding the valley, but trekking here is a much more authentic experience as the number of tourists is much lower than in the Everest and Annapurna regions.

Langtang Valley even today lies undisturbed with stunning views of the Jugal, Langtang and Ganesh Himal. The Langtang and the Gosaikunda have magnificent forests of Rhododendron that can be seen in all its splendour in April every year. Langtang particularly is rich in primeval Alder and Oak trees now rarely seen in the Himalaya and the abundant wildlife such as Thar (*Budorcas taxicolor*), Ghoral (*Nemorhaedus goral*) - (species of goat antelope), Himalayan Muntjac (*Muniacus muntjac*), Yellow Throated Marten (*Martes flavigula*), Languar Monkeys, Giant wild bees and the Lammergier Vulture.

An hour long flight west of the capital takes you to Nepalgunj from where you drive on the East West Highway to Bardia National Park. You then drive north to a very quiet part of the Park where our private tented camp lies on the west bank of the Babai River. An excellent spot to see the Royal Bengal Tiger, Rhinoceros and the Asiatic Elephant not very far from your camp. There is also opportunity to fish for the Masheer 'Tiger of the river', bird watching, observing wildlife from a Machan, jungle drive or an elephant ride to look for big game.



LANGTANG TREK & BABAI RIVER CAMP

ITINERARY AT-A-GLANCE

DAY 1

Kathmandu

Arrival into International Airport, welcome + briefing. Overnight Dwarika's Hotel

DAY 2

Ghumnay Chowk

Fly by helicopter towards Tibet and Langtang National Park, Overnight Camp

DAY 3

Langtang

Full day hike to village of Langtang (11,200 ft), Overnight Camp

DAY 4

Kyanjin Gumba

Half day walk to Kyanjin Gumba (12,700 ft), Overnight Camp

DAY 5

Kyanjin Gumba Exploration

Explore the region, Ledrup Lirung Glacier, Overnight Camp

DAY 6

Dhulikhel

Private helicopter to Kathmandu, Overnight Dwarika's Dulikhel Resort

DAY 7

Dhulikhel

Explore medieval walled city of Bhaktapur, Overnight Dwarika's Dulikhel Resort

DAY 8

Babai River Camp

Domestic flight to fly to Nepalgunj, Bardia National Park, Transfer by road, Overnight Babai River Camp

DAY 9

Babai River Camp

Jeep drive, wildlife spotting, Ghuti Elephant Camp, Overnight Babai River Camp

DAY 10

Babai River Camp

Safari drive to Gaida Tal in pursuit of spotting a Royal Bengal Tiger, Three course dinner and drinks, Overnight Babai River Camp

LANGTANG TREK & BABAI RIVER CAMP

ITINERARY AT-A-GLANCE

DAY 11

Kathmandu

Fly by domestic flight back to Kathmandu, Overnight at Dwarika's Resort

DAY 12

Kathmandu

Full day city tour, Farewell Dinner, Overnight at Dwarika's Resort

DAY 13

Depart

Transfer to Kathmandu international airport for departure.



DAY 1: KATHMANDU

Upon arrival into Tribhuvan Kathmandu International Airport you are personally met and transferred to your well-appointed accommodation. Tonight there is a welcome dinner and briefing.

Overnight Dwarika's Hotel (Dinner)



DAY 2: GHUMNAY CHOWK

After breakfast you are transferred to the airport where you meet your helicopter. You fly north from the Kathmandu valley towards Tibet and Langtang National Park. Upon arrival at the army landing site you are met by your support team. You walk a short distance away to the edge of Langtang Valley proper to camp beside the river in a meadow with a small lodge, surrounded by Rhododendrons and other Spring flowers. Your campsite - Ghumnay Chowk (9,500 ft) is before the valley pastures of Ghora Tabella where, in former times, the Royal Family kept their horses during the summer monsoon months.

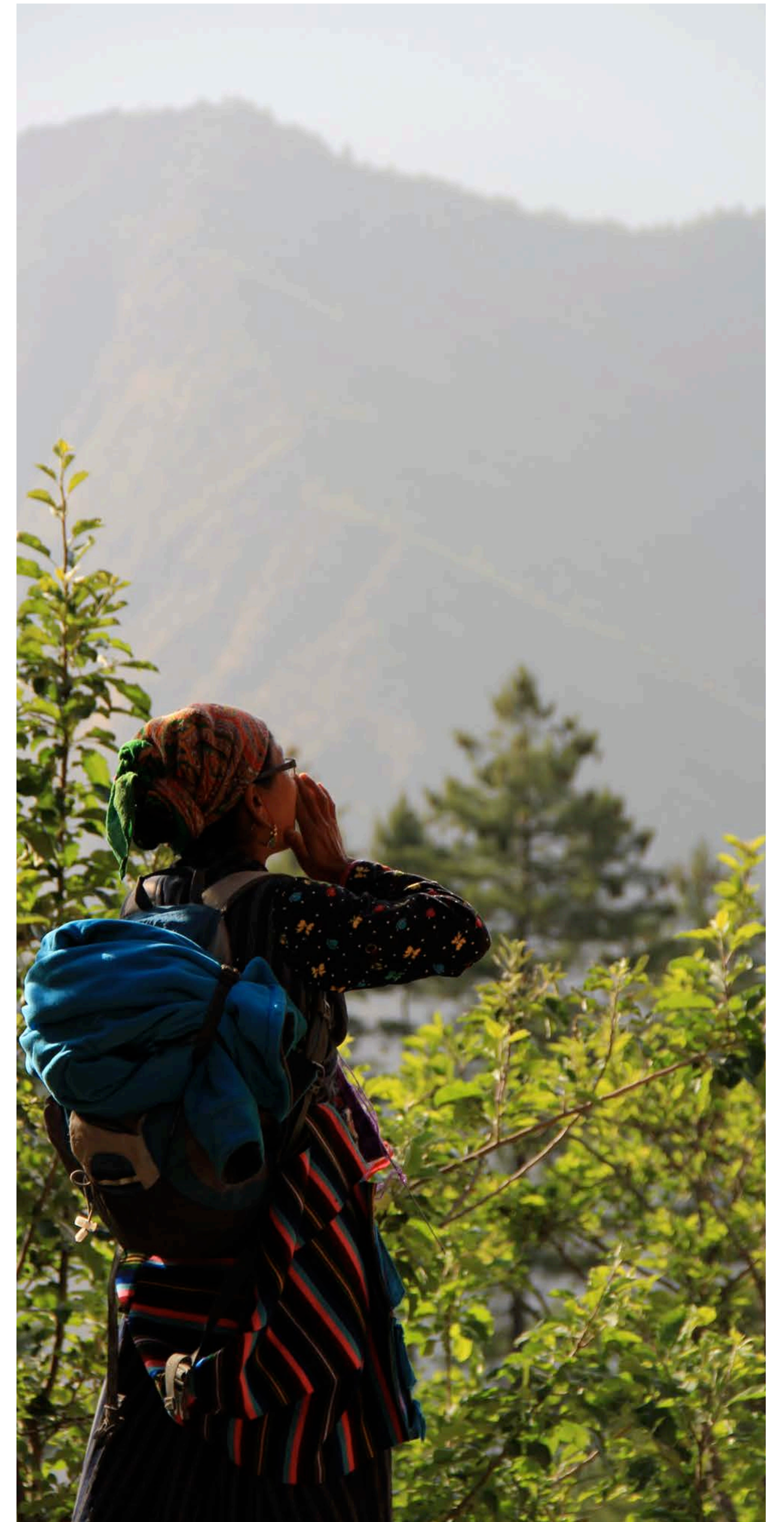
Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 3: LANGTANG

As you leave the forest you are now on the edge of a wide alpine valley, heading east and ascending gradually with superb views of the Langtang mountains to your north and the Jugal mountains to your south. On this walk we have often seen Impeyan Pheasants, Lammergier and Tibet Snowcocks. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who raise their livestock to graze in the high pastures during the summer months. There is a monastery, which we can visit shortly before arriving at the village of Langtang, the headquarters of Langtang National Park. The houses of Langtang and neighboring villages are of Tibetan style, surrounded by stonewalls enclosing fields of buckwheat, potatoes, wheat, turnips, and barley. This evening you will camp in the village of Langtang (11,200 ft), whose inhabitants are of Tibetan stock, as are the people of Kyanjin, your destination for tomorrow.

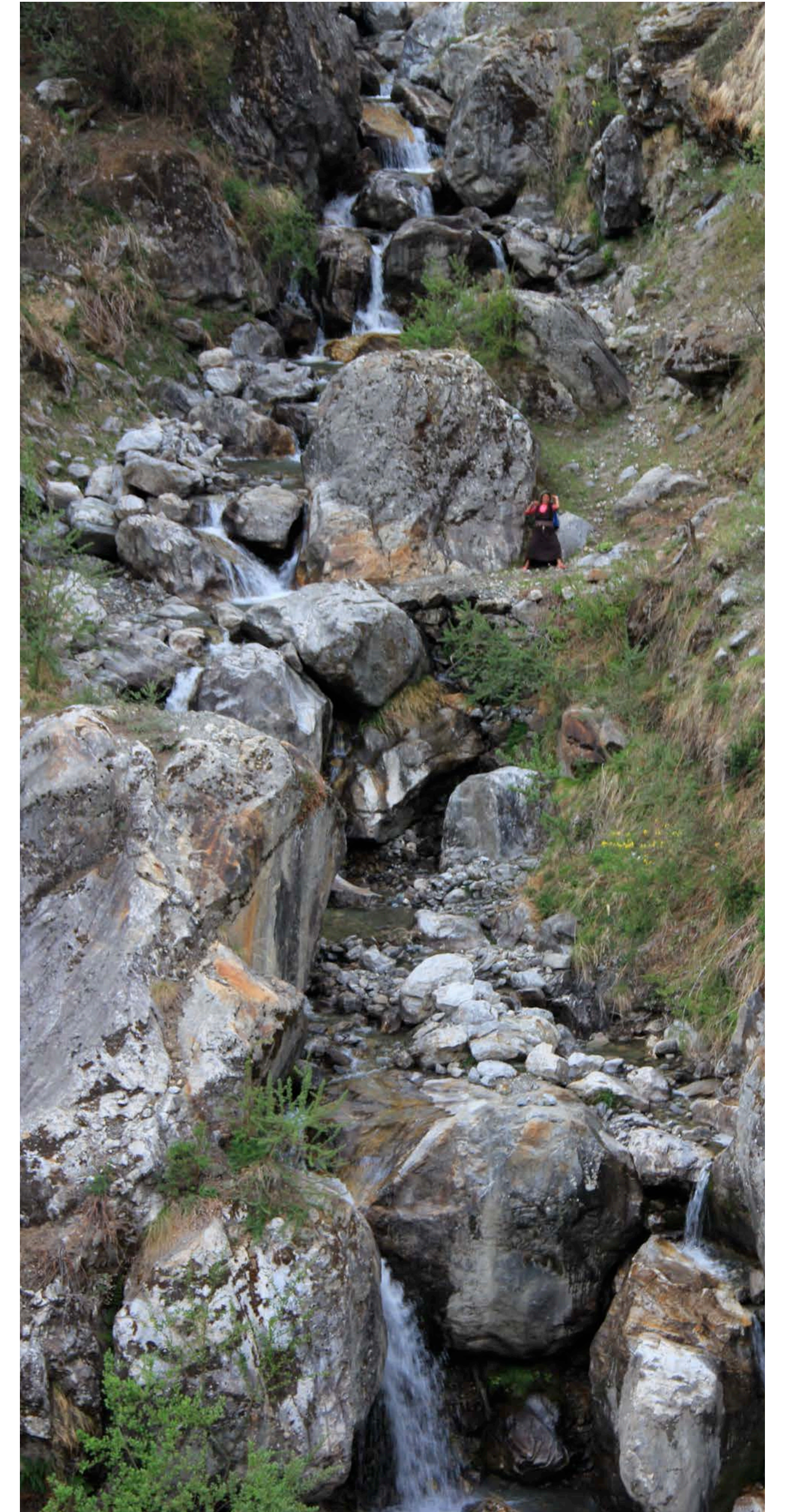
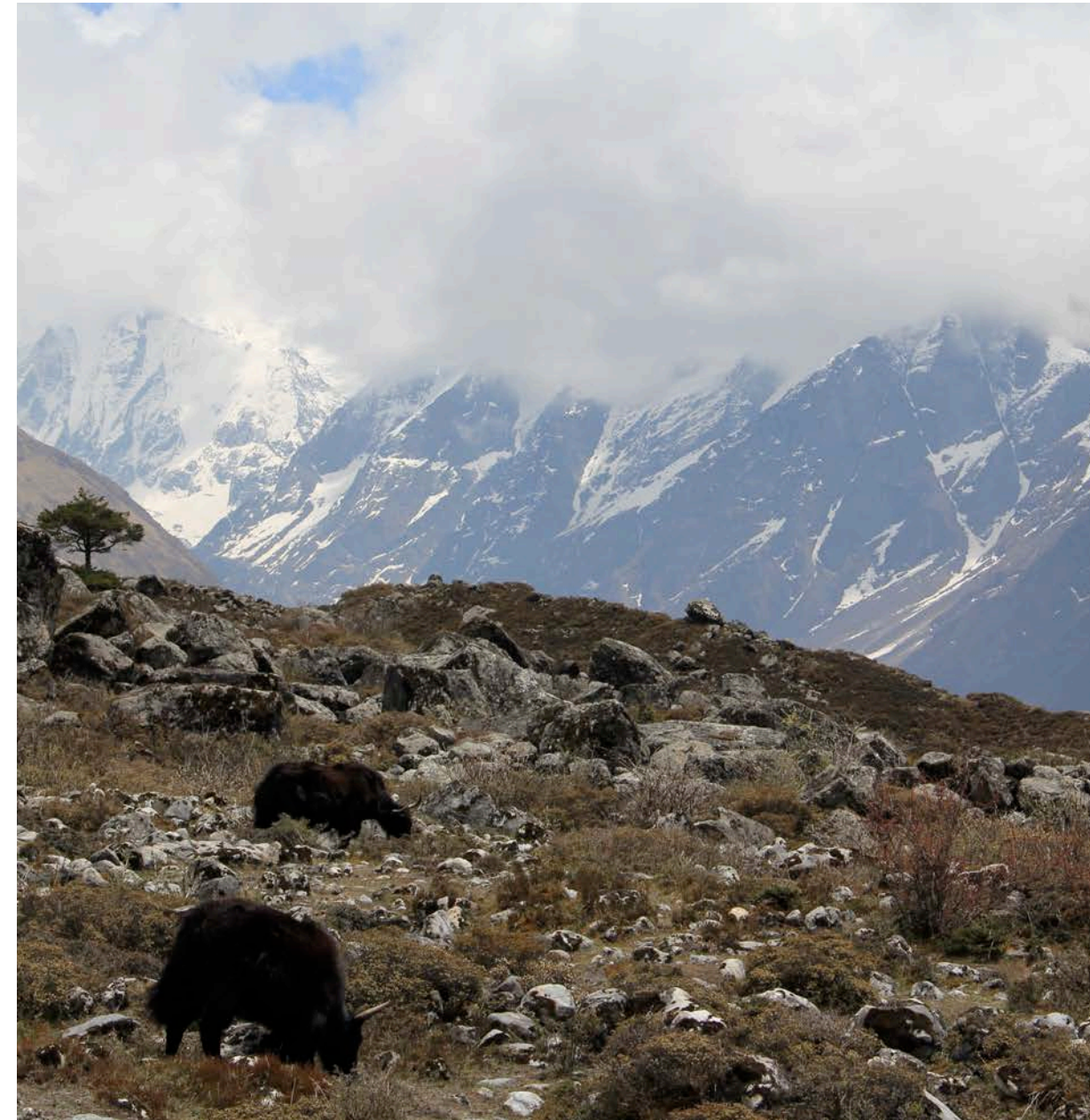
Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 4: KYANJIN GUMBA

A half days walk to Kyanjin Gumba (12,700 ft). The trail passes many ancient Mani (prayer) walls, leaving the cultivated areas, slowly climbs through rocky river beds and terrain to the alpine meadows of Kyanjin. You will camp in this small settlement known for its Buddhist shrine and Yak cheese factory established by the Swiss in 1955, which you can visit.

Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 5: KYANJIN GUMBA EXPLORATION

From the quiet fields of Tashinga you descend to the tea-houses of Langsasa to cross the Dudh Koshi river and arrive at the teashops of Phunki Tenga. Newly repaired water driven prayer wheels grace the trail next to the army post. It is a 2 hour ascent through a rhododendron forest that can be all flowering if you trek through in April. At the top of the hill Tengboche monastery with its grand entrance greets all visitors with a breathtaking view of Mt Everest, Mt Lhotse and Ama Dabalam. Tengboche which at one time was an advance base camp for early Everest Expeditions has several basic lodges and a very good bakery. At the north end of the monastery grounds you leave the main trail to Deboche and trek on an off the beaten trail through lovely birch forests covered in Lichen that look like Old Man's Beard. This undisturbed trail can be a good place to spot the Musk Deer and the rare Blood Pheasant. Your camp at Yarin, a yak summer pasture is beyond the small hydro power station at the beginning of Mt Khangtaiga Valley. This is the first day of the camping portion that explores the Hidden Valleys of the Khumbu. We will spend 3 nights at this camp. (Walking 6 hrs)

Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 6: DHULIKHEL

Today we are picked up by private helicopter in the morning to fly back to Kathmandu. We bid goodbye to our trek team, and enjoying our final views of the Langtang peaks we head back to the city. Arrive at the charming Dwarika's Resort in Dhulikhel. Rest of the afternoon you are free to relax and enjoy optional spa facilities.

Overnight Dwarika's Dulikhel Resort (Breakfast, Dinner)



DAY 7: DHULIKHEL

After breakfast, we drive to the medieval walled city of Bhaktapur to explore its cobbled streets and grand palatial squares with much of its past still intact. Bhaktapur is filled with monuments, most terra-cotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs, open courtyards. The city is dotted with pagodas and religious shrines, surrounded by mountains and provides a magnificent view of the Himalayas. We then visit the quaint old town of Panauti situated on the confluence of two main rivers. Panauti, with its narrow streets and ancient medieval structures, is a lovely place to explore and learn about its interesting history dating back to the Malla kings who founded this place. Return to beautiful Dwarika's resort.

Overnight Dwarika's Dulikhel Resort (Breakfast, Lunch, Dinner)





DAY 8: BABAI RIVER CAMP

Transfer to domestic airport to fly to Nepalgunj (1 hour flight). Met at the airport and begin drive towards Babai River Camp (5 hours). We stop at a scenic point to enjoy a picnic lunch on the way. You will be greeted with a cup of tea or coffee upon arrival and then led to your superior tented accommodation with proper bedding and eco camp facilities. After a refreshing shower there will be a briefing by the Camp Manager. There will be no activities today but there is the option to enjoy the sunset while fishing on the nearby Babai River, or explore around camp looking for birds especially the rare Brown Fish Owl which nests close to our camp.

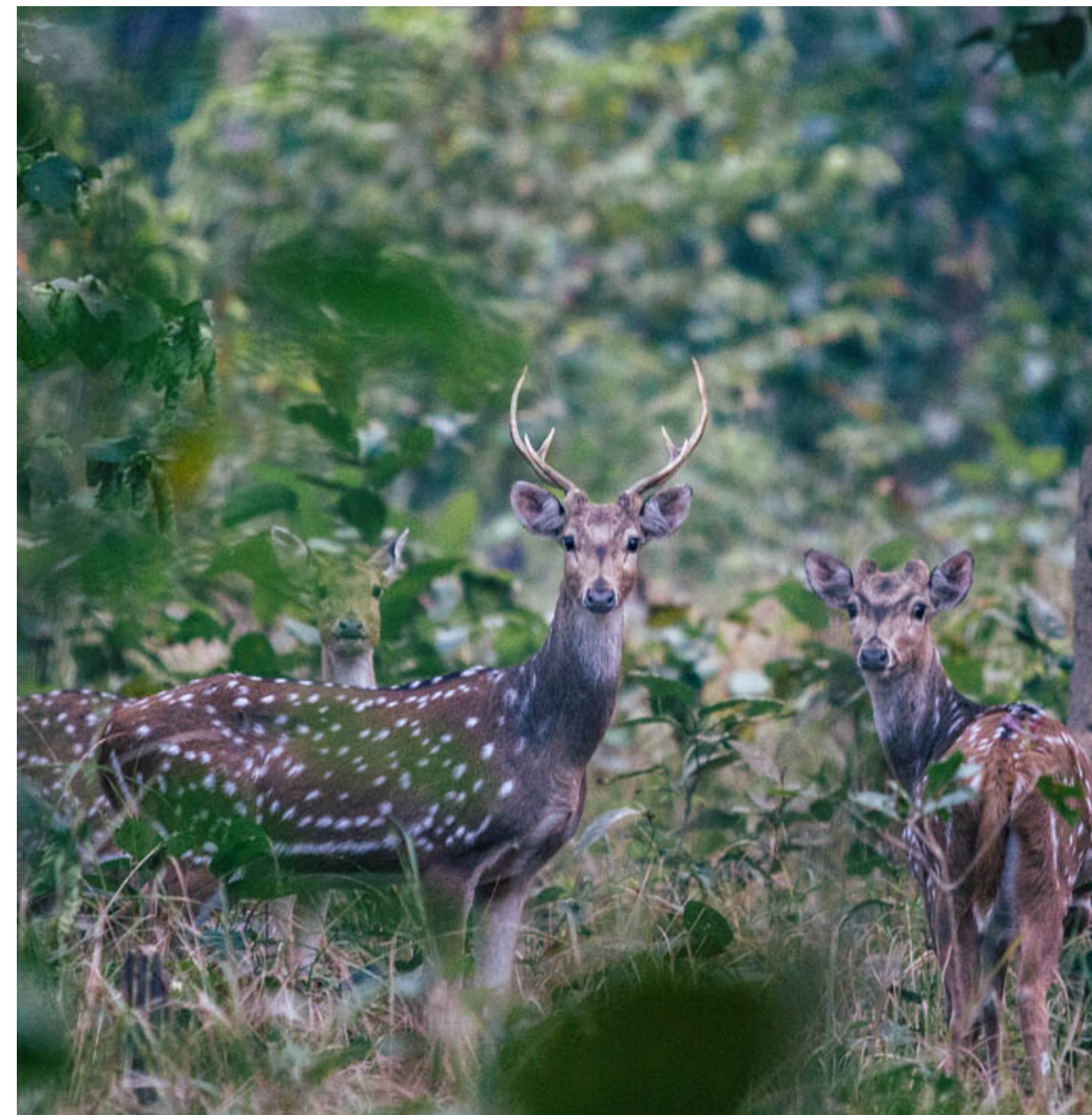
Overnight at Babai River Camp (Breakfast, Lunch, Dinner)



DAY 9: BABAI RIVER CAMP

We start early at dawn with a Jeep drive heading to Nak Dara, an excellent view point just in time to enjoy the sunrise and to experience nature waking up to a new day. This is also a good location to spot local Marsh Mugger crocodiles and other aquatic birds. On the way back we stop at Gaida Tal to look for the Asian one-Horned Rhino. Drive back to camp to enjoy a late cooked breakfast and a few cups of fresh ground coffee. You will have few hours at camp to relax and enjoy quiet time by the river. After lunch we will drive to Ghuti Camp to learn about Asian elephants from an expert and, if the situation permits participate in elephant bathing in the river. Next we will hop back into our jeep heading towards Rato Matey with our fingers crossed for spotting the rare and elusive Royal Bengal tiger. After spending much time exploring this area we return to our camp.

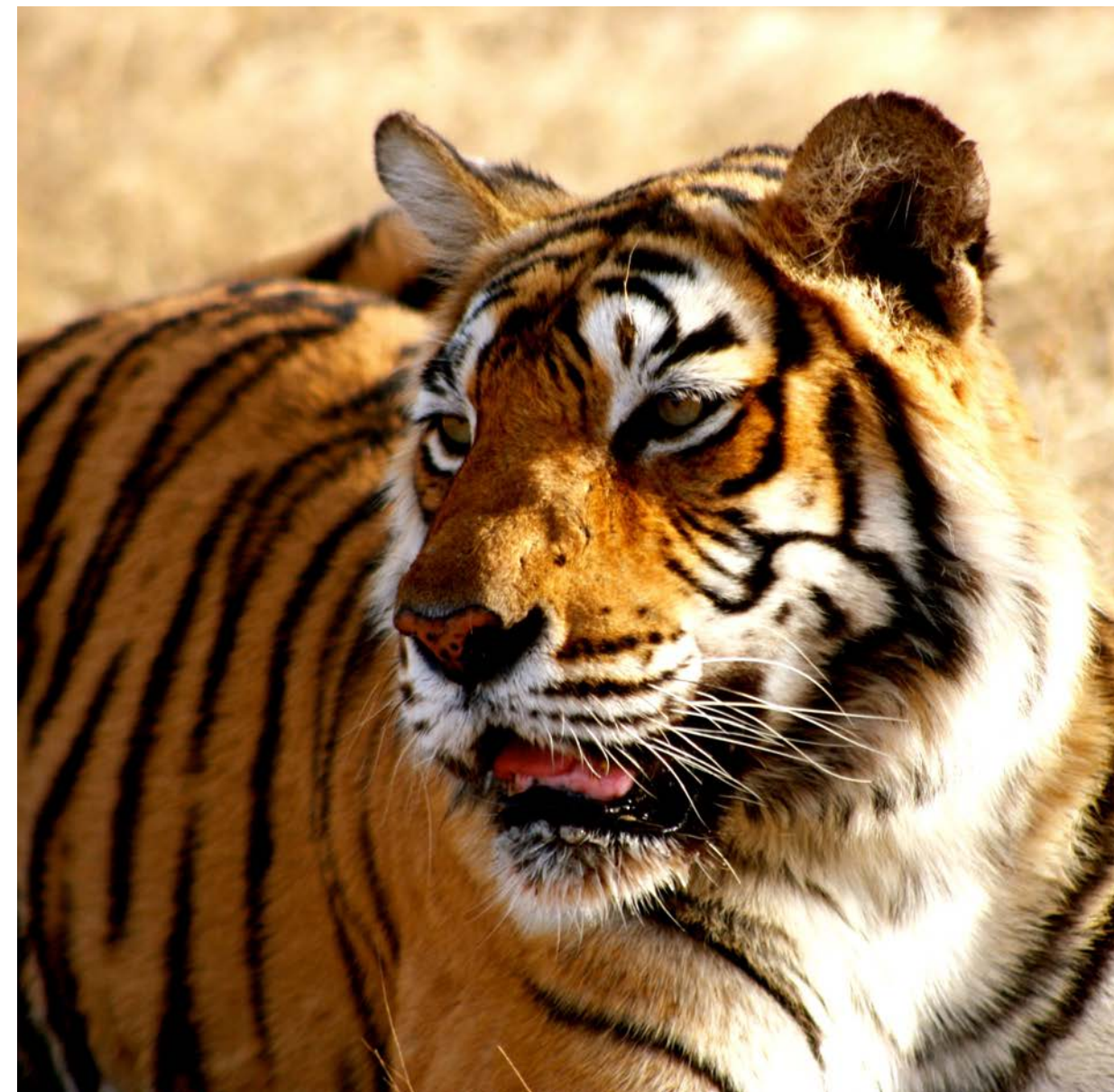
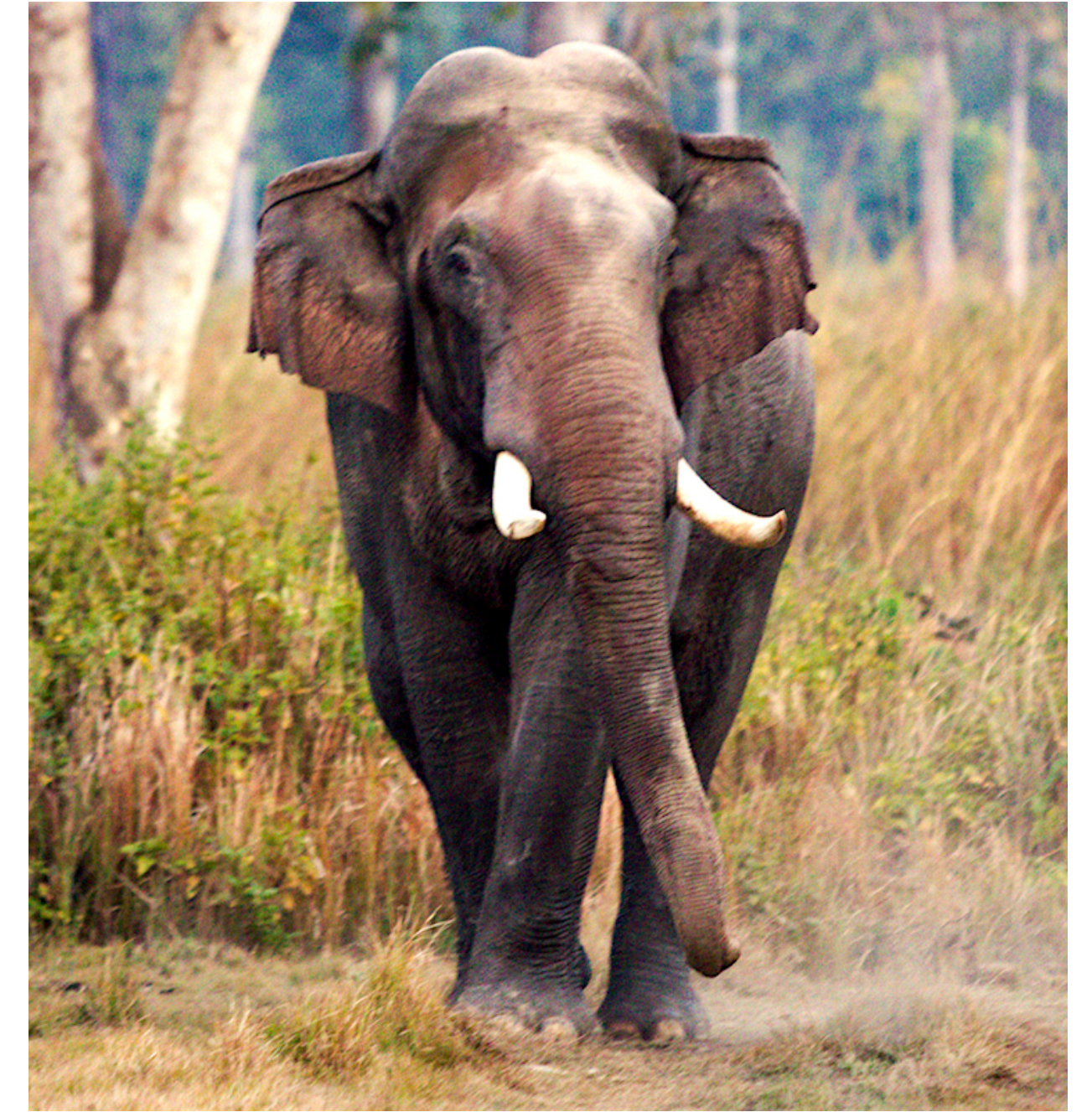
Overnight at Babai River Camp (Breakfast, Lunch, Dinner)



DAY 10: BABAI RIVER CAMP

We start early with a Safari drive up to Gaida Tal, and then head across the river to Thulo Shree as our pursuit of spotting the rare Royal Bengal tiger continues. After scouring the area for any signs of tiger activity, we drive back to camp for a much deserved breakfast and afterwards, leisure time at camp. After lunch, we begin our drive to Ghuti for Elephant Safari through forest and grassland, followed by another Safari drive to Guthi Machan for spotting spotted deer, wild boar, rhino and wild peacocks. After a dramatic day in the wild we return to our camp to enjoy a full three course dinner and drinks.

Overnight at Babai River Camp (Breakfast, Lunch, Dinner)





DAY 11: KATHMANDU

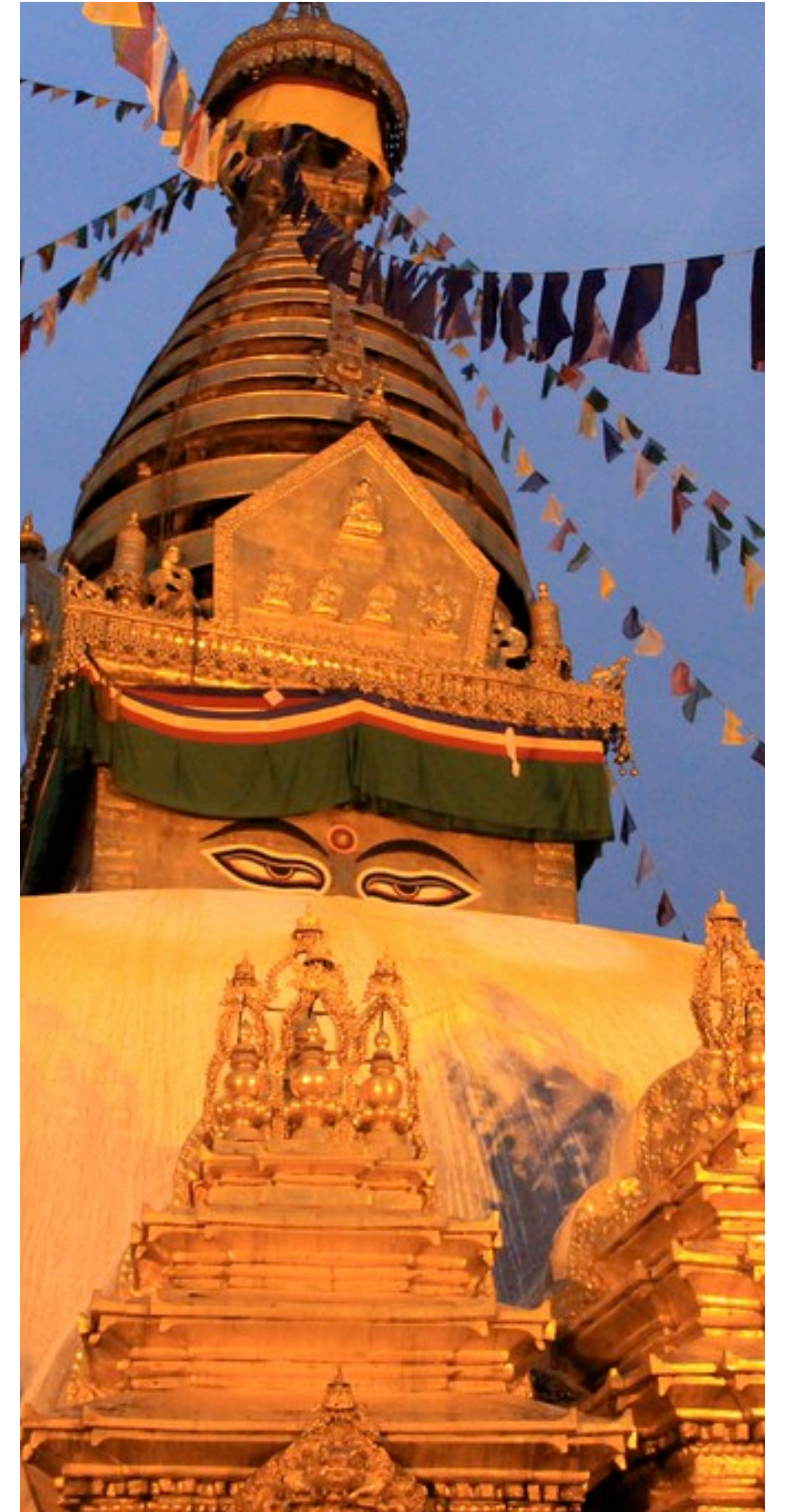
We leave camp and drive to Nepalgunj Airport to catch the return flight to Kathmandu. Met and transfer to hotel. Rest of the day at leisure or shopping.

Overnight Dwarika's Hotel (Breakfast, Lunch, Dinner)

DAY 12: KATHMANDU

Enjoy a full day of guided city tour of the exotic Kathmandu city. You will be visiting the various important Buddhist and hindu shrines like Baudhanath stupa, the biggest in Nepal and the holy temple of Pashupatinath. You will also explore the ancient durbar (palace) of Patan, strolling through it's narrow lanes that meander through this city as you discover old temples and palaces that are still worshipped by locals followed by a meeting with the living goddess Kumari. Tonight there is a farewell dinner.

Overnight at Dwarika's Resort (Breakfast, Lunch, Dinner)





ACCOMMODATIONS

DWARIKA'S HOTEL is built upon a rich tradition of Nepali hospitality and incorporating some of the country's most exquisite architectural traditions, the Dwarika's Hotel in Kathmandu is an authentic experience of Nepal's ancient cultural heritage. A boutique hotel located in the heart of the city with spacious rooms, elegant setting and Nepali warmth make it a luxurious retreat.



DWARIKA'S RESORT DULIKHEL is a holistic lifestyle retreat set in magnificent natural surroundings. Each space and suite at the resort is unique, simple, spacious and rustic style complements the tranquil surroundings. With private indoor and outdoor living and sleeping spaces, your suite is part of a lifestyle that brings you closer to nature. Meals are a key aspect of the resort, and one of its highlights. Each meal is thoughtfully prepared remaining true to the natural ingredients, each with their own flavours, textures and aromas. Fresh, seasonal and local produce primarily sourced from their own organic farms, or from other local farmers.



ACCOMMODATIONS

HIMALAYAN PRIVATE CAMP is set up every step of the way and ready for when you arrive into camp in the afternoon. A mess tent contains a table, chairs, and all cutlery. Whenever possible, our Himalayan crews like to have guests eat outside to enjoy the splendid views. Guest tents fit 2 people comfortably with bed cots, sleeping bag, all set up for a comfortable sleep. A separate toilet tent is also set up on the perimeter for private and cleaner bathroom facilities. We also have a shower tent!



BABAI RIVER CAMP Situated deep in the Jungle of West Nepal is a river valley that has become the last refuge of the Big Game animals of the Indian Subcontinent. In this quiet corner of the world only reachable by four wheel drive lies the Babai River Camp. A camp that is totally mobile. Setup just a few days before your arrival and then dismantled immediately after to leave the place as it was, back to the wild. The camp lies in an idyllic spot beside the Babai River. Situated inside a Sal (Shorea Robusta) forest the African Style tents stay secluded yet overlook the river and the open southern bank of the Babai where herds of elephants, tiger, deer, otters, etc can be spotted. The spacious canvas tents have comfortable mattresses, crisp cotton linen with ensuite portable toilets and a beautiful handmade brass sink. Just behind the tents are day time toilets and private showers with herbal shower products. 3 course freshly prepared meals are prepared by a team of cooks with many years of experience cooking in the Himalayan Outdoors.



A wide-angle landscape photograph of a mountain range in Nepal, South Asia. The foreground is dominated by the dark, silhouetted tops of trees. In the middle ground, several layers of mountain ridges are visible, receding into the distance. The background features a prominent range of high, rugged mountains with significant snow cover. The peaks are bathed in a warm, golden light, likely from the setting or rising sun, which contrasts with the cooler, blueish tones of the sky and the lower mountain slopes. The overall atmosphere is serene and majestic.

DESTINATION:
NEPAL, SOUTH ASIA

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The Federal Democratic Republic of Nepal, is a landlocked country in South Asia. It is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. Kathmandu is the nation's capital and the country's largest metropolis. Nepal has rich geography. Nepal is popular for mountaineering, containing some of the world's highest and most challenging peaks. The mountainous north has 8 of the world's 10 tallest mountains, including the highest point on Earth, Mount Everest 29,029ft (8848m), called Sagarmatha in Nepali. It contains more than 240 peaks over 20,000ft (6096m) above sea level. The fertile and humid south is heavily urbanized. By some measures, Hinduism is practiced by a larger majority of people in Nepal than in any other nation. Buddhism, though a minority faith in the country, is linked historically with Nepal as the birthplace of the Buddha. A monarchy throughout most of its history, Nepal was ruled by the Shah dynasty of kings from 1768, when Prithvi Narayan Shah unified its many small kingdoms. In 2006, however, a decade-long Civil War by the Communist Party of Nepal (Maoist) along with several weeks of mass protests by all major political parties of Nepal culminated in a peace accord, and the ensuing elections for the constituent assembly voted overwhelmingly in favor of the abdication of the last Nepali monarch Gyanendra Shah and the establishment of a federal democratic republic on May 28 2008. The first President of Nepal, Ram Baran Yadav was sworn in on July 23 2008. Neolithic tools found in the Kathmandu Valley indicate that people have been living in the Himalayan region for at least 9,000 years. Nepal has been highlighted in many scriptures; small kingdoms and confederations arose in the region, from these a prince named Siddharta Gautama renounced his loyalty to lead an ascetic life and came to be known as the Buddha ("the enlightened one"). After some disputes over bordering territories with the British East India company and China, in 1923 the UK formerly recognized Nepal's independence. In 1924 slavery was abolished, nevertheless debt bondage even involving debtor's children has been a persistent social problem. In 1991, Bhutan expelled roughly 100,000 ethnic Nepalis, most of whom have been living in refugee camps in eastern Nepal ever since.



DESTINATION: NEPAL, SOUTH ASIA

Entry Requirements

Nepal Visas should be obtained beforehand, but can be obtained upon arrival. US Citizens pay \$40 per person for single entry for 30 days. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended for travel in the southern Nepal regions of Terai during the hot and rainy months. Malaria is low risk in the mountain and trekking areas. You should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Weather

Kathmandu, Nepal

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
AVE. HIGH	62	70	77	86	84	84	82	84	82	82	75	70
AVE. LOW	37	35	44	48	59	66	66	66	64	55	42	35

Communication

Nepal – country code +977. Most areas will have mobile access and Internet is very limited. Some areas while trekking or on safari may not have mobile access.

Electricity

India - Electrical current is 230 volts, 50Hz (Type C; electrical plug with two circular pins) (Type D; electrical plug has three circular pins) (Type M; electrical plug has three large circular pins)

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and

leave another copy with someone at home. Be sure to inform your credit card company as well as your bank you will travel internationally into India. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Nepalese Rupee (NPR), however most urban places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Nepal functions within a framework of a republic with a multi-party system. President is the head of state.

Religion

Nepal – 80% Hindu, 10% Buddhist, 4.4% Muslim, 3.6% Kirat, 0.5% Christian, and 0.4% other such as Bon.

Ethnic Groups

Nepalis are descendants of migrants from parts of earlier Greater Nepal, Tibet, India and parts of Burma and Yunnan along with native tribal population. Among the earliest inhabitants were the Kirat of east mid-region, Newar of the Kathmandu Valley and aboriginal Tharu in the malarial southern Terai region. The ancestors of the Khas migrated eastward along the Himalayan foothills out of Kashmir, Kumaon, Garhwal – parts of then Greater Nepal, Karnali Praadesh and perhaps also north from the Gangeatic Plains during invasions. Other ethnic groups trace their origins to North Burma, Yunnan and Tibet. In Terai, much of the population is physically and culturally similar to Indo-Aryans of northern India. Indo-Aryan and East Asian looking mixed people live in the hill region. Central and western Nepal ethnic Tibetans inhabit even higher semi-arid valleys north of the high Himalaya.

Languages

Nepali is the official and de facto language of Nepal and also spoken in Bhutan,

parts of India and parts of Myanmar (Burma).

Economy

Nepal – an isolated, agrarian society until the mid-20th century, Nepal entered the modern era in 1951 without schools, hospitals, roads, telecommunications, electric power, industry, or civil service. The country has, however, made progress toward sustainable economic growth since the 1950's and is committed to a program of economic liberalization. Foreign aid accounts for more than half of the development budget. Agriculture remains Nepal's principal economic activity, employing 80% of the population and providing 37% of GDP. Only about 20% of the total area is cultivable; another 33% is forested; most of the rest is mountainous. Rice and wheat are the main food crops. The lowland Terai region produces an agricultural surplus, part of which supplies the food-deficient hill areas. Economic development in social services and infrastructure has not made dramatic progress due to GDP dependency on India. Major towns are connected to the capital by telephone and domestic air services. The export-oriented carpet and garment industries have grown rapidly in recent years and together now account for approximately 70% of merchandise exports. Nepal was ranked 29th worst country on the Global Hunger Index, between Tanzania and Kenya.

Climate

The climate of Nepal varies from warm summers with mild winters in the low-lying southern region, to alpine conditions with very severe winters in the mountains. Between December and February temperatures drop well below freezing in the mountains. The best time to travel to Nepal for trekking is in early spring or late autumn, when the weather is dry and temperatures mild. The monsoon season on the coast occurs between June and September.